

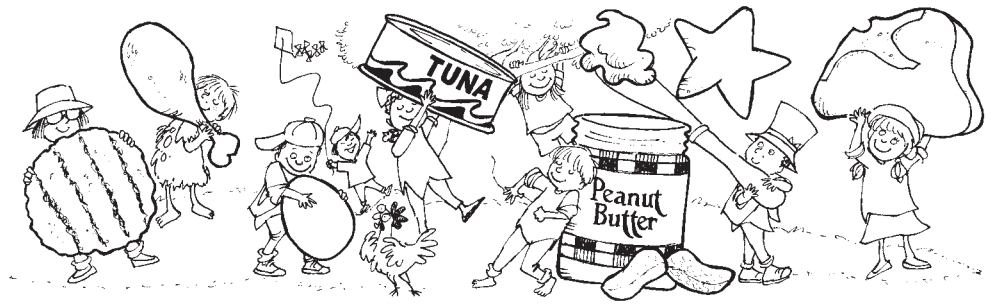
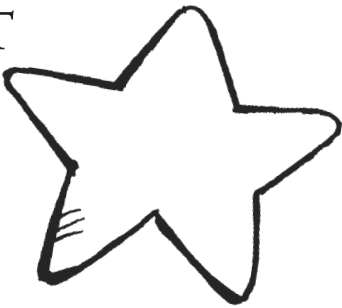
EAT THE FIVE FOOD GROUP WAY!®

Every day eat foods from each of the Five Food Groups.

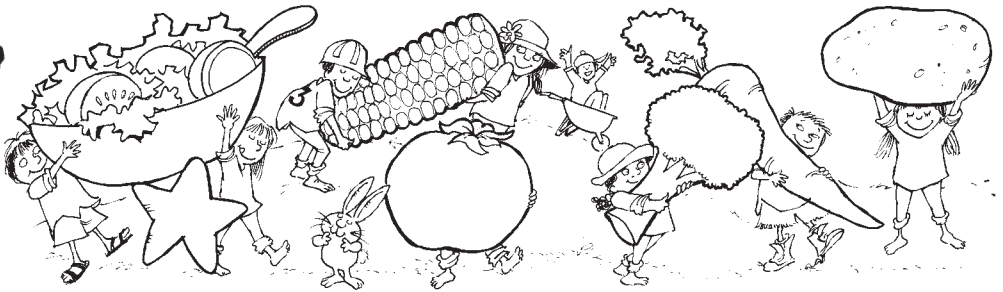
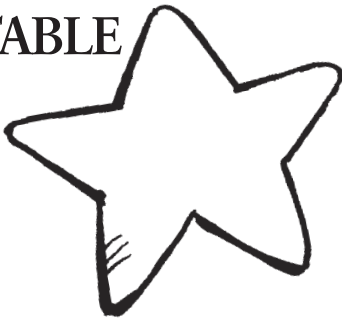
MILK Group



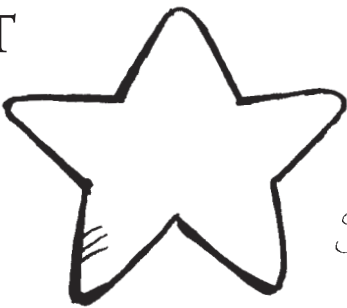
MEAT Group



VEGETABLE Group



FRUIT Group



GRAIN Group

